

EXERCISE SEQUENCE

Building on the exercises in the preceding chapter, the Intermediate Programme adds several new exercises to your workout. This exercise sequence chart provides a visual cue card: when performed in the order shown, the entire programme will flow smoothly and easily. As you progress, you should need to refer only to the chart to complete your workout.



1 The Hundred
0:00:10



2 Roll-Up
0:00:15



3 Single Leg Circles
0:00:10



4 Rolling Like a Ball
0:00:10



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:15



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 Knee-Draw
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
0:00:10



13 Saw
0:00:10



14 Neck Roll
0:00:10



15 Single Leg Kick
0:00:10



16 Double Leg Kick
0:00:10



17 Neck Pull
0:00:10



18 Side Kicks Series
0:00:10



19 Heaver Series
0:00:10



20 Seal
0:00:10

Advanced Pilates For Beginners Explained For Experts

Richard Bailey



Advanced Pilates For Beginners Explained For Experts:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Advanced Pilates For Beginners Explained For Experts**

In a world inundated with displays and the cacophony of instant interaction, the profound power and psychological resonance of verbal artistry often disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the musical pages of **Advanced Pilates For Beginners Explained For Experts**, a charming function of literary elegance that pulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that exciting opus instructions readers on a mental odyssey, lightly revealing the latent potential and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central styles, dissect its fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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